

### Office Posture - "Be Fit to Sit"

We don't think of it too often but we have to be fairly fit to be able to sit all day. Without suffering from the usual backaches, neck aches and so on. We have become a society of "sitters". Not too many of us make our living on our feet or in an active, mobile setting. Being aware of posture and ergonomics at work, at home, and at play is a vital step towards instilling good posture and ergonomic techniques.

Regular exercise such as walking, swimming, or bicycling will help the body stay aerobically conditioned, while Pilates specific strengthening exercises will help the muscles surrounding the back to stay strong.

Following are some tips for good office posture: Have your computer screen positioned so that your head, neck and back can remain in a nice, relaxed neutral position; not having your head tilted forward or backward. A good idea is to see if you can do a nice chin-tuck and still see your computer monitor.

Try to sit mainly on the edge of your seat. Once in awhile you can rest your whole back against your office chair, but not too long or too often. As muscles tire, slouching, slumping, and other poor postures become more likely; this in turn puts extra pressure on the neck and back. Also be aware of and avoid unbalanced postures such as crossing legs unevenly while sitting, leaning to one side, hunching the shoulders forward or tilting the head.

Change positions often. If you have to stand up to go to the copier, fax or other office area do it sporadically instead of sitting for a long period and getting your copies all at once.